

ISU WEBINAR SERIES
March 2021



ISU PRESENTS
SIGNIFICANT CHANGES TO THE
WORLD ANTI DOPING CODE 2021

Powered by



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ISU AD



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Section 1

WORLD-ANTIDOPING CODE

1.0 WORLD ANTI-DOPING CODE

World Anti-Doping Code -> CODE

- ▶ Sets out the Anti-Doping rules for all sports and all countries.
- ▶ *Protects* your fundamental right, as an Athlete, to participate in Clean Sport.
- ▶ *Promotes and Protects* the health, fairness and equal opportunity for you and Athletes worldwide.
- ▶ *Effective* from January 1, 2021, it is the fourth version of the Code.

1.1 WORLD ANTI-DOPING CODE

ISU Anti-Doping Rules

- ▶ The ISU Anti-Doping Rules and ISU Anti-Doping Procedures, released as ISU Communication N° 2344 & 2366 are *compiled in accordance* with the CODE.
- ▶ ISU Rules are *approved* by WADA.

Section 2

INTERNATIONAL STANDARDS

2.0 FOR SKATERS @HUB, STOCKHOLM

GOODIES ALERT #1

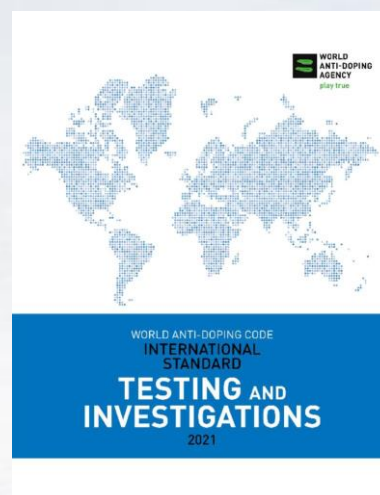
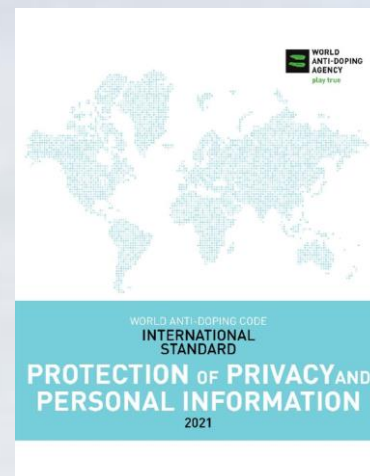
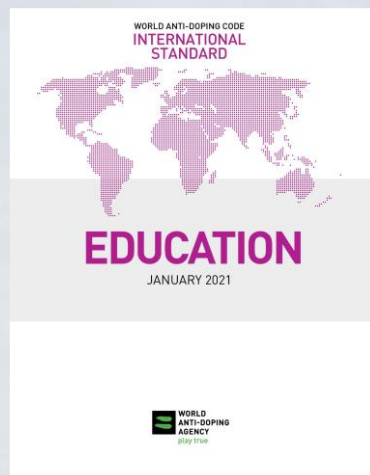
TAKE A SELFIE OF YOU ATTENDING THIS SEMINAR AND
UPLOAD THE SAME ON INSTAGRAM/FACEBOOK WITH
THE HASHTAG #PUREASICE, YOU SHALL BE PROVIDED
WITH A PURE AS ICE GOODIE TO YOUR ROOM!

SELFIE OR A SCREENSHOT OF THIS SEMINAR- WHATEVER
YOU PREFER!!

DON'T FORGET TO TAG @ISUFIGURESKATING &
#PUREASICE



2.1 INTERNATIONAL STANDARDS



Section 3

CHANGES TO THE CODE



3.0 CHANGES TO

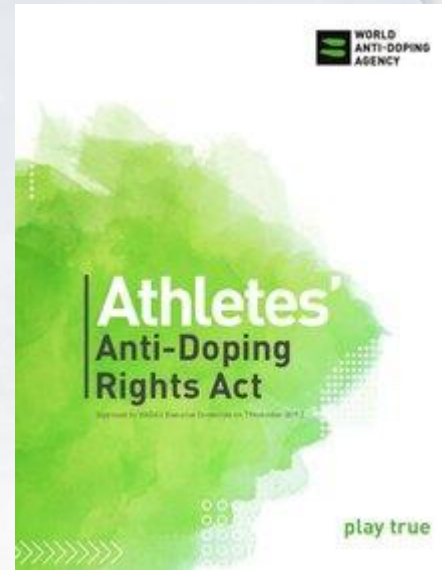
CHANGES TO THE RATIONALE OF THE CODE

- ▶ *Health* is now the top rationale for the Code.
- ▶ *Your rights - Athletes Act* is now found within the 2021 Code and as a separate document.



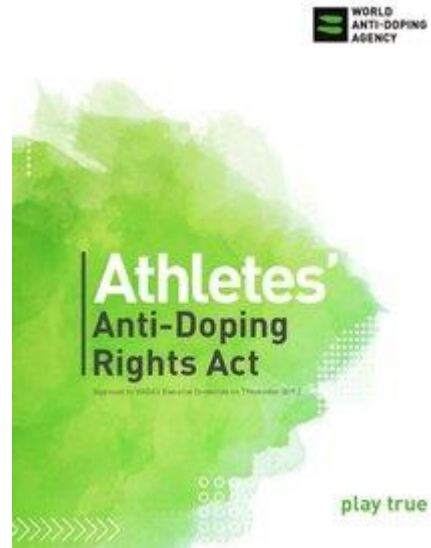
3.1 CHANGES TO

- ▶ *Your rights* - *Athletes Act* aims to ensure that athlete rights within anti-doping are clearly set out, accessible, and universally applicable.





3.2 CHANGES TO



YOUR RIGHTS that are found
in the Code and International
Standards



YOUR RIGHTS not found
in the Code and
International Standards
but rights that Athletes
believe ADOs must adopt
as best practice

Section 4

YOUR ROLES AND RESPONSIBILITIES

4.0 YOUR ROLE

To be knowledgeable of and comply with all applicable anti-doping policies and rules.



Know the anti-doping rules and stick to them!

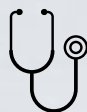
4.1 RESPONSIBILITIES



Be available for testing..



Strict Liability: Your body, your responsibility.



Tell doctors and medics that you are an athlete and cannot use banned substances and/or methods. Check all medication does not contain a banned substance before you take it. Ask for help if you are unsure.



To cooperate with the ISU or your National Anti-Doping Organization investigating an ADRV



Share information about those who support you (coach, doctor physiotherapist) if asked.

4.2 RESPONSIBILITIES



Be available for testing..

ISU Anti-Doping Rules Article 22.1.7 no longer in 2021

It is the responsibility of the Skater to make sure that he/she has not been selected for Testing.



The Form “Skater selected for Testing” is posted on the door of the Doping Control Station.

NOT POSTED ANYMORE

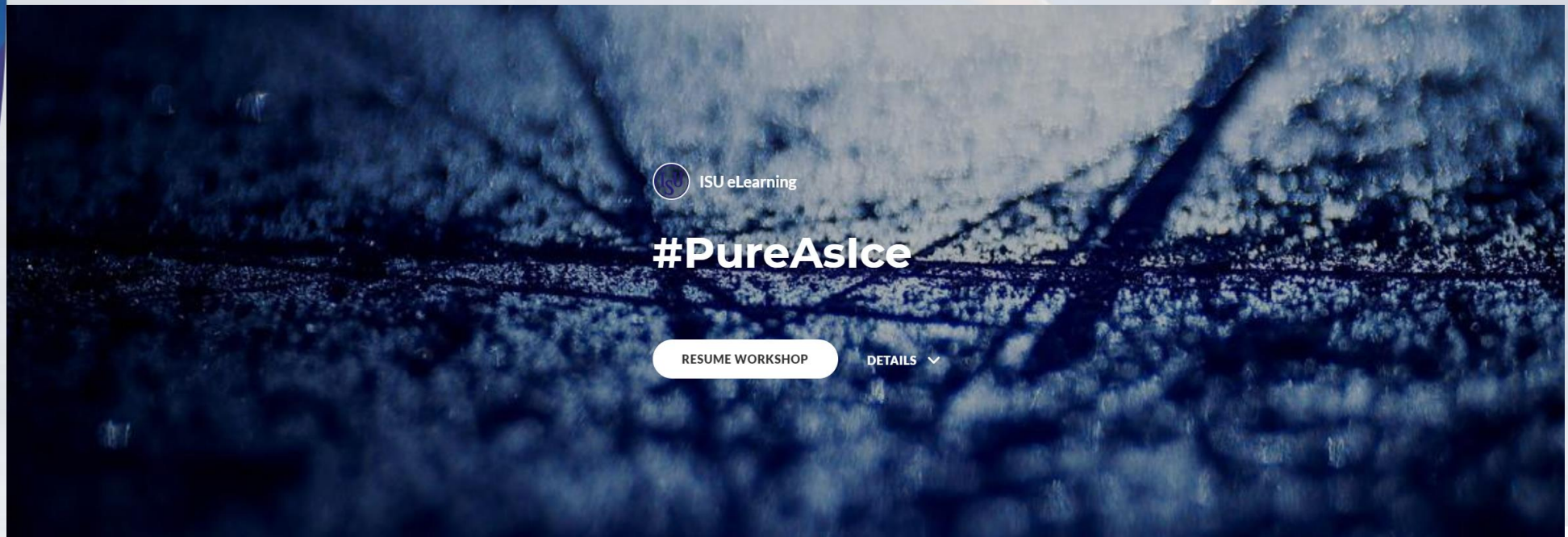
Section 5

EDUCATION

5.0 EDUCATION

INTERNATIONAL STANDARDS OF EDUCATION (ISE)

- ▶ *EDUCATION* is your RIGHT!
- ▶ *FIRST STEP* should be through Education and not Doping control.
- ▶ *Pure as Ice* eLearning- Values Based Education
- ▶ *Pure as Ice on-site* – Event Based Education at ISU Events, Pure as Ice booths, quizzes, seminars like these etc.



Harm of Doping to the Spirit of Sport



“ Respect your team and yourself

Hard-work, dedication, and perseverance are essential to become one of the best athletes of a sport. And sometimes, the pressure to train hard, compete and achieve at a high level can lead athletes and/or their support personnel to consider dangerous options presented as shortcuts: extreme dieting, excessive training, taking supplements and doping. Anti-doping rules are there to prevent from those **dangerous** options and to preserve a positive sporting career experience for athletes and their support personnel made of *pleasure, security, health, integrity, balance and enjoyment throughout the pursuit of excellence* in your sport.

Respect Competitors

To know if a certain medicine/supplement contains a prohibited substance, you may check Global DRO (www.globaldro.com)



speakup.wada-ama.org



SCAN ME

FOR MORE DETAILED INFORMATION ON YOUR RIGHTS, RESPONSIBILITIES, DUTIES AND OBLIGATIONS TOWARDS CLEAN SKATING, PLEASE CHECK THE PURE AS ICE MODULE USING THIS QR CODE.

www.isu.org/clean-sport

PURE AS ICE
PROUD TO BE A CLEAN SKATER



P.L.A.Y

POCKET LEARNING, ANTI-DOPING & YOU

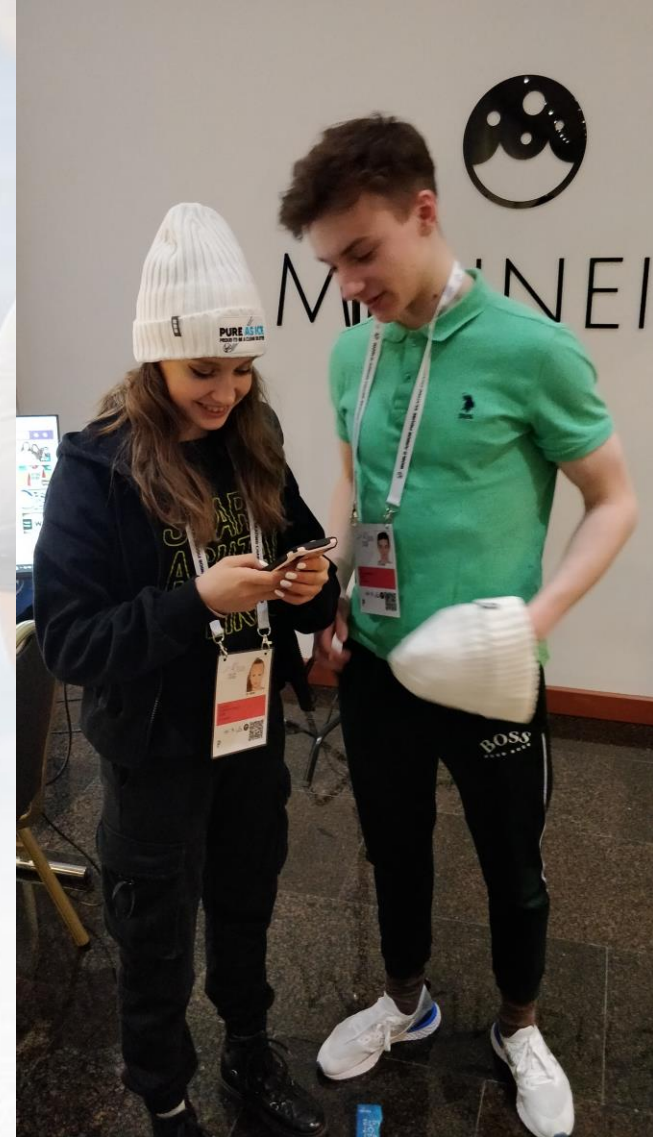
Events-Based Education

p22



Events-Based Education

p23



Section 6

SUBSTANCES AND DETECTION

6.0 Substances and Detection

- ▶ Some banned substances will be identified as *Substance of Abuse* by WADA List Expert Group
 - ✓ Cocaine (S.6a – Non-specified Stimulants);
 - ✓ Methylenedioxymethamphetamine (MDMA / “ecstasy”) (S.6b – Specified Stimulants);
 - ✓ Diamorphine (Heroin) (S.7 – Narcotics); and
 - ✓ Tetrahydrocannabinol (THC) (S.8 – Cannabinoids)

- ▶ If Athlete can prove that they used the substance out-of-competition and that it was unrelated to sport performance, a *3-month sanction* can be applied .

6.1 Substances and Detection

Q: What happens when Substances are added to, or removed from the 'Prohibited List'

A: They CANNOT, unless, specifically stated otherwise, be analyzed for in an Athlete's sample that has already been collected.

Q: What happens to the Athlete serving a ban for a Substance that has been recently removed from the 'Prohibited List'

A: Such Athletes can apply to the relevant Results Management Authority to reduce their period of ineligibility.

6.2 Substances and Detection

RISKS RELATED TO USE OF SUPPLEMENTS



Contaminants in supplements is a risk for Athletes as these ingredients are not listed on the label and often unknowingly entered the supplement product during the production process.



Athletes will have to establish the exact origin of the banned substance if they have an AAF that they believe is related to supplement use.



***Remember**, you must always **assess the risk** before deciding to use a supplement and research any product before you use it. Not taking this risk seriously and not trying to **minimize the risk** may mean you will not benefit from a reduced sanction if you test positive because the supplement you used was contaminated.*

SECTION 7

SAMPLES AND DATA USAGE

7.0 Samples and Data Usage



A sample can be split into two and used for the initial analysis. The leftover part of the sample will be stored. This means that the B-sample could be split in two and become a new A-sample and B-sample. All split samples can be used to confirm an initial finding.



You have the right to be present for the splitting of the sample, if you are not present, the sample can be still be opened, split and analyzed in the presence of an independent witness.

7.1 Samples and Data Usage

Only results from a WADA-approved or a WADA-recognized laboratory can be used to establish an adverse analytical finding (AAF).

However, analysis by non-WADA-approved/-recognized labs can be used to support an investigation.

The Samples can be used for Anti-Doping research as well, with your consent, however, due care shall be taken by the labs and ADO's so that the samples/data are not traceable back to you

7.2 Samples and Data Usage

A sample can be analyzed many times before an athlete is notified of a potential violation.

A sample can be stored for *up to 10 years*.

Any ADOs with authority over you can further analyze a negative sample but they must get permission from the ADO that initiated the test or from WADA.

For example, the IOC may save samples collected during the Games and then store the samples once the initial analyses are completed. The ISU may then ask for permission from the IOC to conduct further analysis on the stored sample.

WADA can take immediate possession of samples and anti-doping data from a laboratory or ADO.

SECTION 8

RESULTS MANAGEMENT

8.0 Results Management



Things to remember:

- ❑ Any consequences imposed by ISU on an athlete who has committed an Anti-Doping Rule Violation will be recognized by all other ADO's that are World Anti-Doping Code (Code) Signatories.
- ❑ This means that if an Athlete is provisionally suspended by one International Federation (IF) or National Anti-Doping Organization (NADO), all other organizations will uphold that suspension
- ❑ For, eg: If a Speed Skater who also competes in Roller Skating, any provisional suspension shall apply to both Sports.

Section 9

ADRV & Sanctions



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9.0 Anti-Doping Rule Violations (ADRV) & Sanctions

WHATS NEW



Complicity- Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an ADRV or an attempted ADRV is an ADRV.

Sanction- 2 years to lifetime ban



Prohibited Association- You are not allowed to associate or work with any Athlete Support Personnel who is serving a period of ineligibility, doing so is an ADRV.

'KNOW YOUR CREW, DON'T SKATE ON THIN ICE'

9.1 Anti-Doping Rule Violations (ADRV) & Sanctions

WHATS NEW



Protection for Individual Reporting Violations- Discouraging someone or retaliating against someone from reporting information relating to doping activities is a new ADRV.

Sanction- 2 years to lifetime ban



Whistleblowing is an essential part of keeping sport clean. Athletes and those involved in sport should report any suspicions of doping behavior to the relevant ADO.

WADA SpeakUp platform allows you to do so anonymously.

9.2 Anti-Doping Rule Violations (ADRV) & Sanctions

WHATS NEW

Substantial Assistance -> Reduction of sanctions

Tampering during the results management process is considered as a separate first violation.

And more.. For a comprehensive answer to the question

What changes have been made to Anti-Doping Rule Violations (ADRV) and sanctions?

Refer to **An Athlete's Guide to the Significant Changes in the 2021 Code** on ADEL

Section 10

CONCLUSION



INTERNATIONAL
SKATING UNION

Conclusion

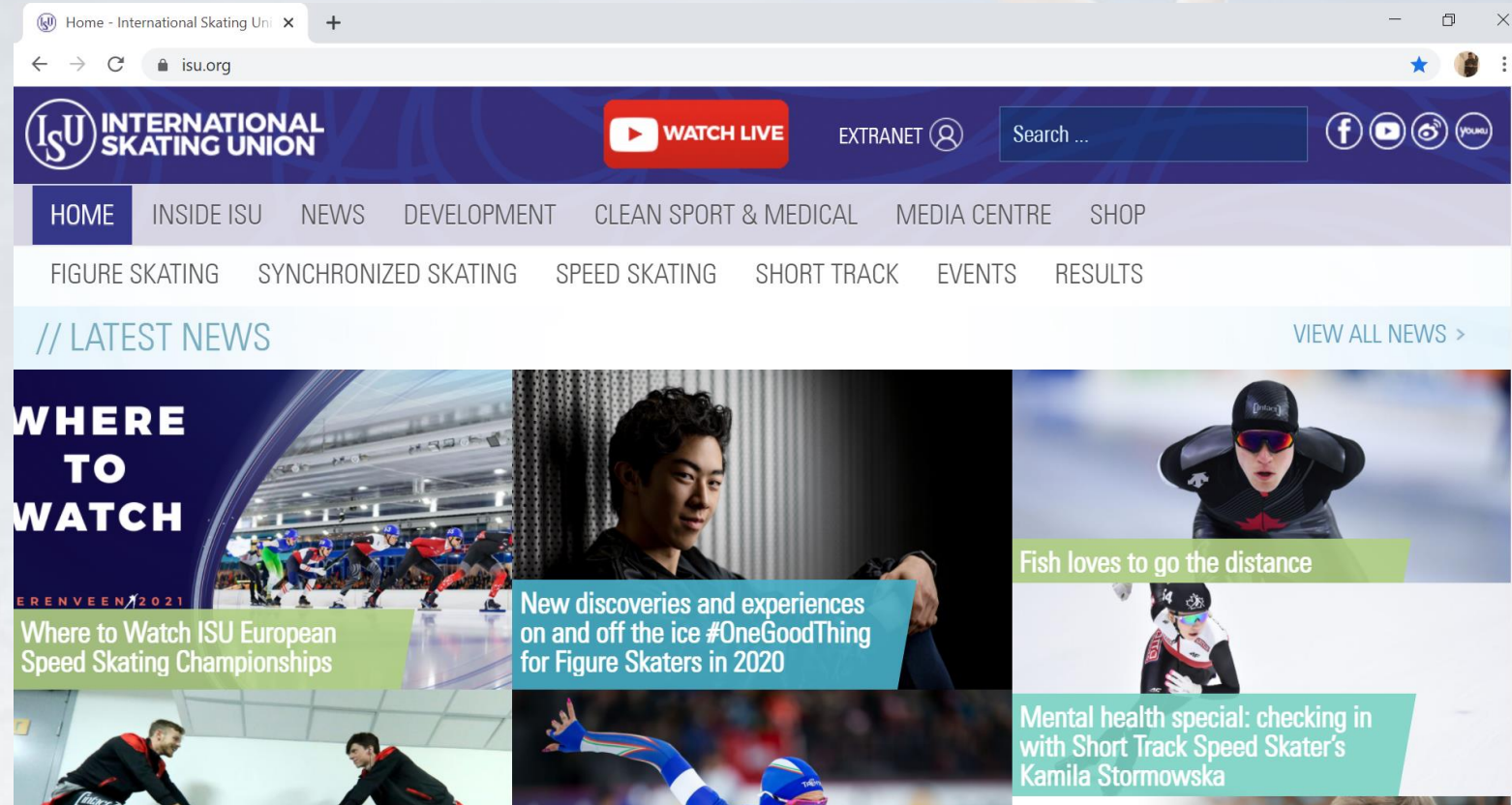
p39

11.5 Conclusion

GOODIE ALERT #2 for Skaters @STOCKHOLM

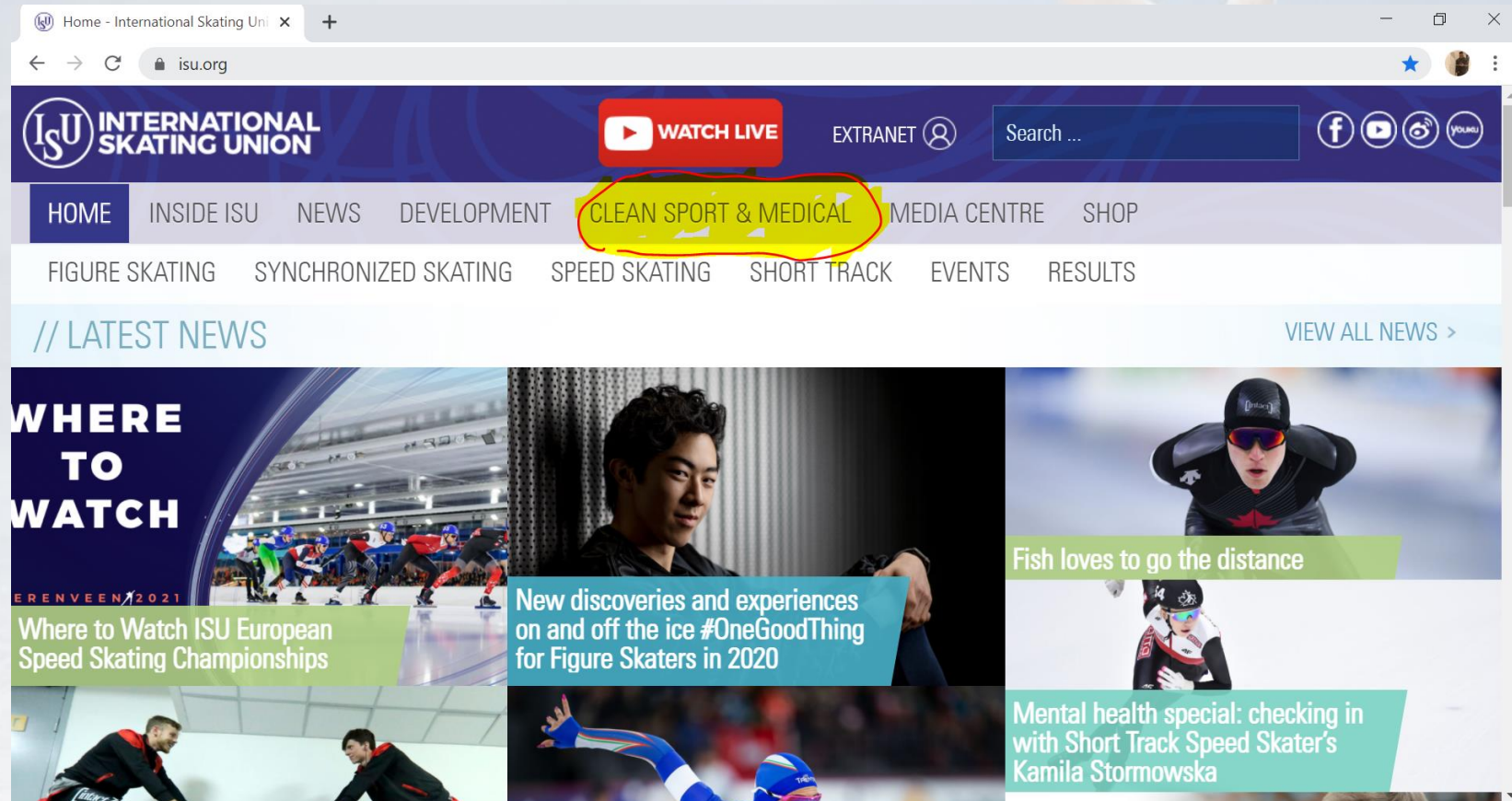


Conclusion

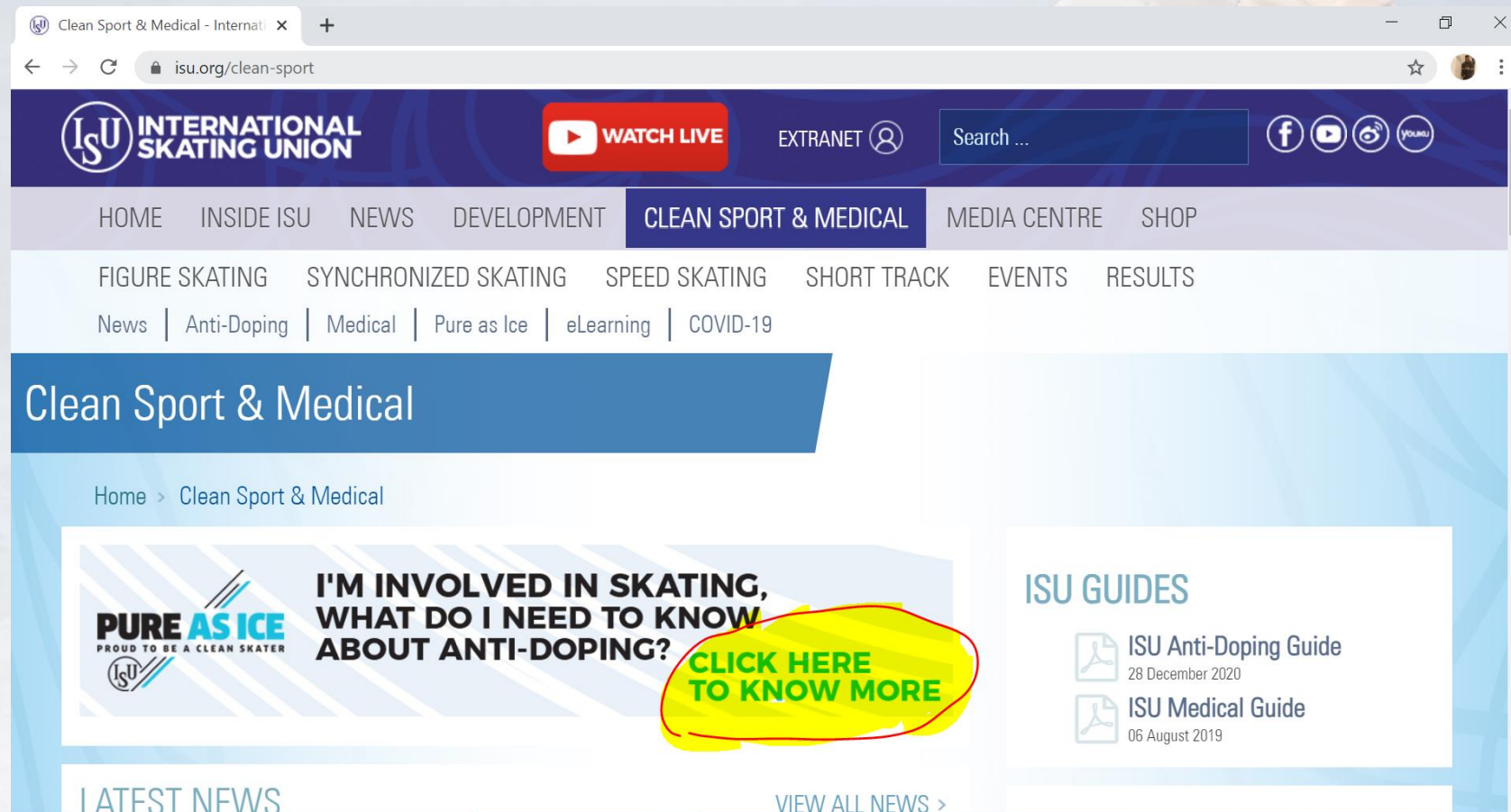


11.1

Conclusion



11.2 Conclusion



The screenshot shows the ISU Clean Sport & Medical website. The header includes the ISU logo, a 'WATCH LIVE' button, an 'EXTRANET' link, a search bar, and social media icons. The main navigation menu lists 'HOME', 'INSIDE ISU', 'NEWS', 'DEVELOPMENT', 'CLEAN SPORT & MEDICAL' (highlighted), 'MEDIA CENTRE', and 'SHOP'. Below this, there are links for 'FIGURE SKATING', 'SYNCHRONIZED SKATING', 'SPEED SKATING', 'SHORT TRACK', 'EVENTS', and 'RESULTS'. A secondary navigation bar includes 'News', 'Anti-Doping', 'Medical', 'Pure as Ice', 'eLearning', and 'COVID-19'. The main content area is titled 'Clean Sport & Medical' and includes a breadcrumb trail 'Home > Clean Sport & Medical'. A large banner features the 'PURE AS ICE' logo and the text 'I'M INVOLVED IN SKATING, WHAT DO I NEED TO KNOW ABOUT ANTI-DOPING?' with a yellow call-to-action button that says 'CLICK HERE TO KNOW MORE'. To the right, under 'ISU GUIDES', there are links for the 'ISU Anti-Doping Guide' (dated 28 December 2020) and the 'ISU Medical Guide' (dated 06 August 2019). At the bottom, there is a 'LATEST NEWS' section and a 'VIEW ALL NEWS >' link.

Clean Sport & Medical - Internati x +

isu.org/clean-sport

ISU INTERNATIONAL SKATING UNION

WATCH LIVE

EXTRANET

Search ...

f youtu

HOME INSIDE ISU NEWS DEVELOPMENT **CLEAN SPORT & MEDICAL** MEDIA CENTRE SHOP

FIGURE SKATING SYNCHRONIZED SKATING SPEED SKATING SHORT TRACK EVENTS RESULTS

News | Anti-Doping | Medical | Pure as Ice | eLearning | COVID-19

Clean Sport & Medical


Home > Clean Sport & Medical


PURE AS ICE
PROUD TO BE A CLEAN SKATER

**I'M INVOLVED IN SKATING,
WHAT DO I NEED TO KNOW
ABOUT ANTI-DOPING?**

**CLICK HERE
TO KNOW MORE**

ISU GUIDES

 **ISU Anti-Doping Guide**
28 December 2020

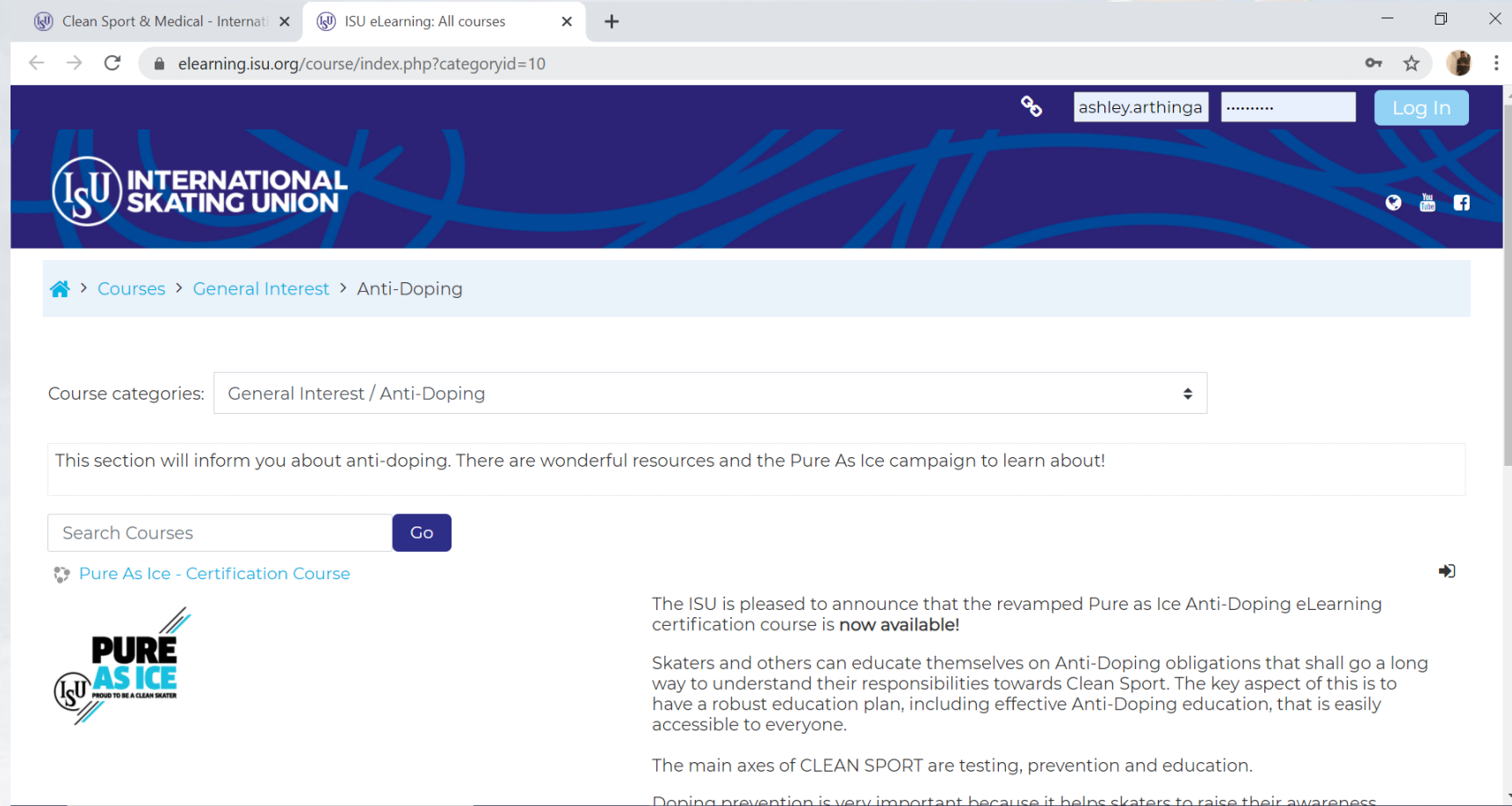
 **ISU Medical Guide**
06 August 2019

LATEST NEWS

[VIEW ALL NEWS >](#)

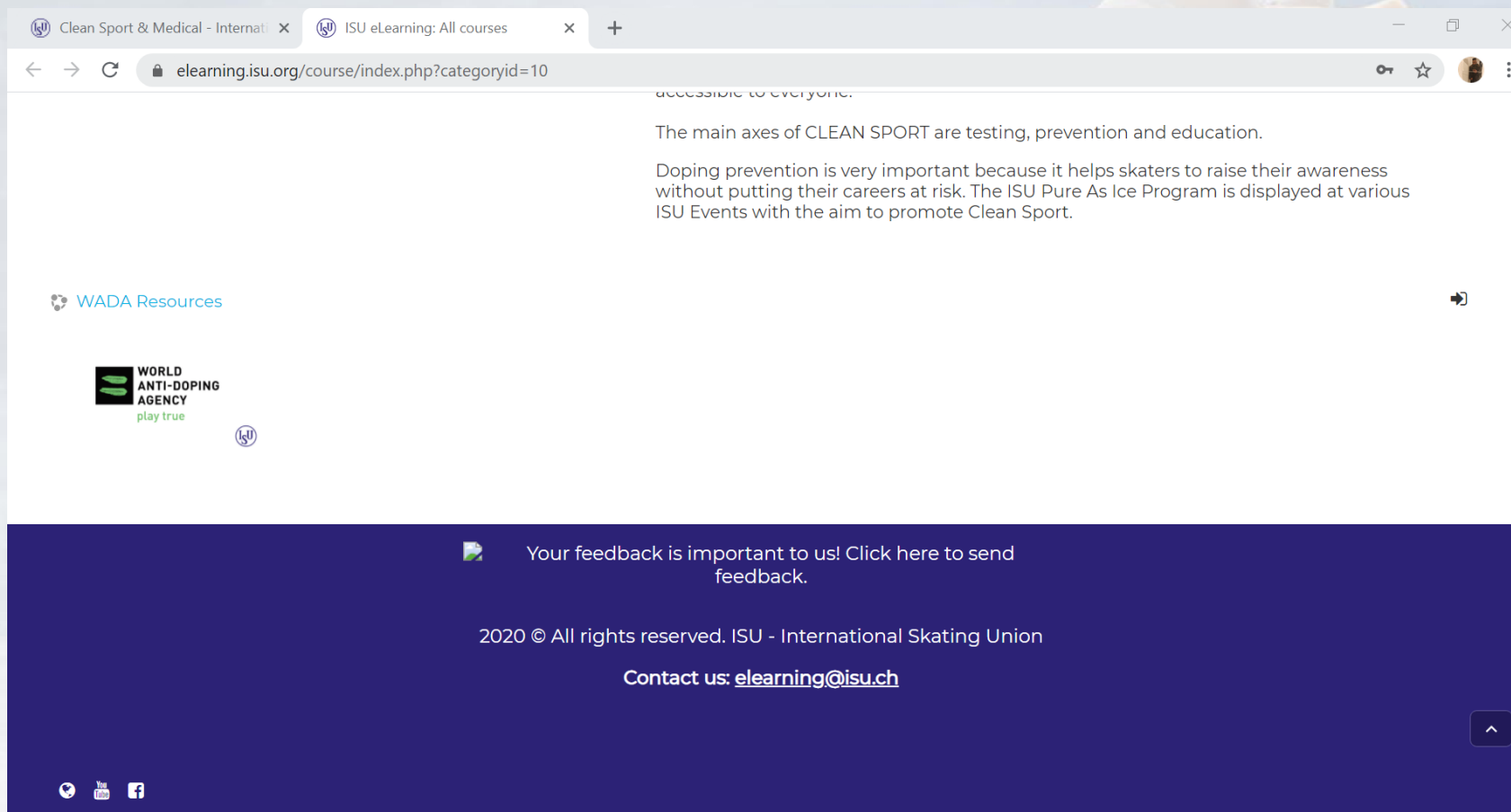
11.3

Conclusion



The screenshot shows a web browser with two tabs: 'Clean Sport & Medical - International Skating Union' and 'ISU eLearning: All courses'. The address bar shows the URL 'elearning.isu.org/course/index.php?categoryid=10'. The page header features the ISU logo and the text 'INTERNATIONAL SKATING UNION'. A user is logged in as 'ashley.arthinga'. The breadcrumb trail is 'Home > Courses > General Interest > Anti-Doping'. The main content area has a dropdown menu for 'Course categories:' set to 'General Interest / Anti-Doping'. Below this, a text box states: 'This section will inform you about anti-doping. There are wonderful resources and the Pure As Ice campaign to learn about!'. A search bar with the text 'Search Courses' and a 'Go' button is present. A link for 'Pure As Ice - Certification Course' is shown with a right-pointing arrow. The 'PURE AS ICE' logo is displayed, featuring the ISU logo and the text 'PROUD TO BE A CLEAN SKATER'. The main text reads: 'The ISU is pleased to announce that the revamped Pure as Ice Anti-Doping eLearning certification course is **now available!**'. Below this, it says: 'Skaters and others can educate themselves on Anti-Doping obligations that shall go a long way to understand their responsibilities towards Clean Sport. The key aspect of this is to have a robust education plan, including effective Anti-Doping education, that is easily accessible to everyone.' The final line of text is: 'The main axes of CLEAN SPORT are testing, prevention and education.'

11.4 Conclusion



The screenshot shows a web browser window with two tabs: "Clean Sport & Medical - International Skating Union" and "ISU eLearning: All courses". The address bar shows the URL "elearning.isu.org/course/index.php?categoryid=10". The main content area contains the following text:

accessible to everyone.

The main axes of CLEAN SPORT are testing, prevention and education.

Doping prevention is very important because it helps skaters to raise their awareness without putting their careers at risk. The ISU Pure As Ice Program is displayed at various ISU Events with the aim to promote Clean Sport.

Below the text, there is a section titled "WADA Resources" with a link to the World Anti-Doping Agency (WADA) website. The WADA logo is displayed, featuring the text "WORLD ANTI-DOPING AGENCY" and "play true".

At the bottom of the page, there is a dark blue footer with the following text:

Your feedback is important to us! Click here to send feedback.

2020 © All rights reserved. ISU - International Skating Union

Contact us: elearning@isu.ch

Social media icons for Twitter, YouTube, and Facebook are located in the bottom left corner.



INTERNATIONAL
SKATING UNION

Conclusion

p45

11.5

Conclusion

EDUCATION PROGRAM



Programme d'éducation
pour les...

ENROLL

EDUCATION PROGRAM



Programme d'éducation
pour les...

ENROLL

EDUCATION PROGRAM



National-Level Athletes
Educat...

ENROLL

EDUCATION PROGRAM



International-Level
Athletes E...

ENROLL

E-LEARNING



Priročnik za športnike o
pomem...

English ★★★★★

ENROLL

E-LEARNING



Una guía para el
personal de a...

Spanish ★★★★★

ENROLL

E-LEARNING



Guide pour le personnel
d'enca...

French ★★★★★

ENROLL

E-LEARNING



ADEL for Parents of Elite
Athl...

English ★★★★★

ENROLL

E-LEARNING



ADEL pour les
professionnels d...

French ★★★★★

ENROLL

E-LEARNING



ADEL for Medical
Professionals...

English ★★★★★

ENROLL

11.7 Conclusion

GOODIE ALERT #2

COMPLETE THE COURSE USING THE QR CODE:



Send us your certificates to:

antidoping@isu.ch

LUCKY DRAW FOR FIRST 5
SUBMISSIONS

Questions?

Thank You

#PUREASICE

